

Taking Care of Yourself

For Loved Ones

Whether you support parents of a child with ADHD or Tourette syndrome, or a person living with these conditions, your role is important. Your caring support makes a real difference—but it is also important to care for yourself.

You may be:

- A partner
- A grandparent
- An uncle or aunt
- A friend

Your kind support makes a real difference, but it is also important to take care of yourself.

Here are some ways to support while respecting yourself:

Educate Yourself:

- Better understanding ADHD can reduce frustration and misunderstandings
- Look for reliable sources adapted to your reality

Recognize your limits:

- You can support someone without being responsible for their successes or difficulties
- It is normal not to always have the energy or availability to help

Maintain Balance in the Relationship:

- Share enjoyable activities not centered on ADHD
- Nurture the relationship beyond challenges

Avoid becoming the only pillar of support:

- Encourage the person to diversify their sources of support
- Share responsibility with others

Choose Your Battles:

- Not everything needs to be corrected or commented on
- Sometimes preserving the relationship is more important than being right

Important Reminders:

- You do not need to be an ADHD expert to be significant
- Being present is often more important than having the right answers
- You can support someone while still taking care of yourself



SYNAPSE
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